

lavender Cabbage



ingredients

1 green cabbage*
1 T coconut oil
1 tsp. lavender
salt to taste

how to prepare

Wash and then thinly slice or grate the cabbage*. Heat the coconut oil in a pan to low-medium heat. Add a teaspoon (two if you love that lavender flavor) of lavender to the oil and allow it to heat for about 3 minutes. Add the cabbage (caution: the oil may spit) and continue to cook for about ten minutes, or until the cabbage is soft, but not soggy. Add salt to taste.

notes

***for one serving you'll want about a cup to a cup and a half of cabbage**

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